

15-Minute Chili

Serves 4

Ingredients

1 pound ground turkey
1 (15 oz.) can kidney or pinto beans, drained and rinsed
1 can low-fat, low sodium chicken broth
1 (14.5 oz.) can diced tomatoes, undrained (flavored with chilies if you can find it)
1 (6 oz.) can tomato paste
1 tablespoon chili powder
1/8 teaspoon cinnamon
1/4 teaspoon cumin
1/2 teaspoon fresh ground black pepper

Directions

In a large non-stick saucepan, brown the ground turkey until it is no longer pink. Drain off any excess fat.

Add the remaining ingredients and bring to a boil. Lower heat and simmer for 10 minutes.

Nutritional Information (Per Serving)

Calories: 293
Protein: 33g
Sodium: 596 mg
Cholesterol: 63 mg
Fat: 5g
Carbohydrates: 30g
Exchanges: 2 Starch, 4 Very Lean Meat

